



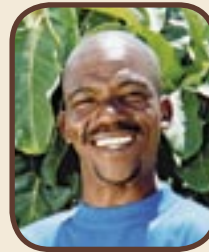
Military Action and Prevention Program

**REMEMBER
ELIPHAS**

Survival Handbook



THIS HANDBOOK ISSUED TO:



“Remember Eliphas Survival Handbook” is dedicated to the memory and courage of Simon Ithete Elago.

Written by:

Libet Maloney and Sheba Okwenje
Social Marketing Association (SMA)
libet.maloney@sma.org.na

Graphic design & illustration:

Ellen Papciak-Rose, Soweto Spaza cc
www.homepage.mac.com/inthestudio

Editing:

Anita Kleinsmidt, AIDS Law Project (ALP)

Soldier illustrations:

Iain Garner

Comic illustrations:

Andrew Lindsay, Spaza Art

Photos:

SMA/MAPP staff and MOD Public Relations Office

Technical support:

MoHSS (The National AIDS Coordinating Programme)
MOD/NDF Medical Services Unit



Thanks to the Ghana Social Marketing Programme (GSMP) and Family Health International (FHI) for allowing some of their excellent materials to be adapted for this publication.



SMA gratefully acknowledges the US Department of Defense HIV/AIDS Prevention Program and the US President's Emergency Plan for AIDS Relief (PEPFAR) for sponsoring this publication.



CONTENTS



AIDS Acquired Immune
Deficiency Syndrome

ARVs Antiretroviral therapy

HIV Human Immunodeficiency
Virus

HIV+ HIV positive

MTCT Mother to child (HIV)
transmission

STI Sexually Transmitted
Infection

⌘ FORWARD	2
⌘ ONYAMA KO NYAMA	3
⌘ WHAT ARE SEXUALLY TRANSMITTED INFECTIONS (STIs)?	5
⌘ THE ENEMIES DESCRIPTION	7
⌘ DO YOU THINK THE ENEMY GOT YOU?	9
⌘ HIV & AIDS	10
⌘ THE DEFENDERS: ANTIRETROVIRAL THERAPY (ARVs)	14
⌘ RECRUITS	15
⌘ THE DANGERS	16
⌘ ARE YOU WORRIED THAT YOU MAY BE HIV+?	17
⌘ ARE MY ACTIONS SAFE WITH REGARDS TO HIV & AIDS?	18
⌘ YOU HAVE THE POWER TO DEFEAT HIV & AIDS	20
⌘ ARM YOURSELF	21
⌘ THE WEAPON: A CONDOM	22
⌘ THE MISSION: TO DEFEND	22
⌘ YOUR WEAPON	26
⌘ NEGOTIATION	26
⌘ ALCOHOL IS NOT YOUR FRIEND	28
⌘ WHAT IS POSITIVE LIVING?	29
⌘ HIV & AIDS AND WOMEN	30
⌘ PROTECT YOUR BABY!	31
⌘ IS YOUR CHILD AT RISK?	32
⌘ PROTECTING YOUR NATION	34
⌘ TRUE OR FALSE	35
⌘ 20 REASONS WHY YOU SHOULD USE A CONDOM	36
⌘ CONTACT DETAILS	Back cover

FORWARD

Ladies and gentlemen of the Namibian Defense Force! You are a superior, well trained, tough, strong and serious fighting force.

BUT – Do you know about HIV & AIDS? Do you understand this virus? Do you know how it is spread and the methods of prevention? Do you understand the benefits of abstinence and being faithful to one tested and faithful partner? Do you know how to use both male and female condoms? Do you know about other sexually transmitted infections and what to do if you get one? Do you know why it is important to be tested for HIV and do you know where to go and get a test? Do you know that there is treatment for HIV & AIDS?

SOLDIERS:

- ⚡ Are you still having unprotected sex with people you do not love and people who are not tested for HIV?
- ⚡ Do you still believe you can tell a persons HIV status by how they look?
- ⚡ Did you contract an STI within the last year?
- ⚡ Do you know how to correctly use both a male and female condom?
- ⚡ Are you still cheating on your wife/husband, girlfriend or boyfriend?
- ⚡ Have you ever had an HIV test?
- ⚡ You are on ARVs – do you sometimes forget to take or leaving them behind when you go on mission?
- ⚡ Do you still discriminate against a fellow Namibian living with HIV & AIDS?

If you answered YES to any of the above questions, you need to know more about HIV & AIDS.

Read this book carefully and get educated.

Protect yourself, your family and this great nation!

Oomeme Nootate yetanga lyegameno lyaNamibia! Ne muli pombanda, mwadheulikika, muna oonkondo no hamukondjo neitulemo.

ASHIKE – Omushisha tuu kombinga yo HIV no AIDS?

Ombuto ndjino omuyi uviteko tuu? Omushi tuu nkene hayi taandele na nkene muna okwiigamena? Omu uviteko tuu uuanawa wo kwaahaya momilalo no woku kala na kuume gumwe omwiinekelwa a konakonwa? Omushi tuu okulongitha oongumi (ookondoma) dhaalumentu no dhaankiitu? Omushisha tuu kombinga yomikithi dhono hadhi ziilile momilalo inaadhi gamenwa (omikithi dhohoni) naashono to vulu okuninga ngele dheku kwata? Omushishi tuu kutya omolwashike sha simana okukonakonwa ombuto yo HIV, na openi to vulu okuka konakonwa? Omushishi tuu kutya opuna epango lyo mbuto yo HIV & AIDS?

AAKWWITA:

- ⚡ Onkene tuu hamuyi momilalo inaadhi gamenwa naantu mwaaholeyo inaa ya konakonwa ombuto yo HIV?
- ⚡ Omwa itaala natango kutya oto vulu okumona uukwatya wo HIV momuntu mokumutala?
- ⚡ Owa kwa telelwe komauvu ngono haga taandelithwa okuza momilalo inaathi gamenwa muule womvo gwaya?
- ⚡ Omu shi tuu okulongitha oongumi dhaalumentu no dhaankiitu?
- ⚡ Onkene tuu hoyaka pamilalo, omukulukadhi/ omusamane, omukadhona nenge omumati gwoye?
- ⚡ Owa konakonwa tuu ombuto yo HIV?
- ⚡ Owuli kepango lyo ARV, na oho dhimbwa okunwa omiti dhoye nenge oho dhi thigipo ngele toyi pondje niilonga?
- ⚡ Onkene tuu ho tongola aaNamibia yakweni mbono yena o HIV nenge o AIDS?

Ngele eyamukulo lyoye kulimwe lyo momapulo ngano o EENO, owapumbwa okutseya natango okutseya oshindji kombinga yo HIV no AIDS. **Lesha okambo haka nawa opo kekundungike.** Igamena mwene, naa negumbo yoye no shigwana shoye.

ONYAMA KO NYAMA



Sweets without the wrapper

Imagine that you are a soldier at a shebeen. You're socialising with Eliphas from your unit. You are just returning from a mission and you both just want to relax and have a good time.

You are busy enjoying when a group of beautiful young women come in. You and Eliphas start proposing them and choosing.

You start talking and dancing with Sylvia and eventually decide to leave the shebeen with her. You go with her to her home and decide to have sex.

She asks about a condom but you convince her that it will be better **onyama ko nyama**.

You think to yourself – “**just this one time**”, nothing can happen. Besides, she's so beautiful and fat she can't have HIV. So you have sex without using a condom.

As you lay in bed, you think what a romantic evening it has been, just the two of you.

But think about this –

What if Sylvia had unprotected sex “**just this one time**” at least twice before with other men? The truth is, Sylvia likes soldiers very much and goes to the shebeen every payday looking for love. Last month she met Erastus in the shebeen and fell in love with him.

He told her – “I DON'T eat sweets WITH the wrapper”. So they left the condoms in the pocket.

Sylvia thought – “Erastus is so strong, he cannot be sick”.

Erastus IS strong and handsome and when he was in Windhoek he met Nangula. Nangula was so beautiful she should have won the Miss Namibia contest that same year.

This is what Nangula did not tell Erastus – Nangula's boyfriend from secondary school had just passed away from AIDS (she did not tell Erastus this). Nangula does not know it, but she is HIV+.

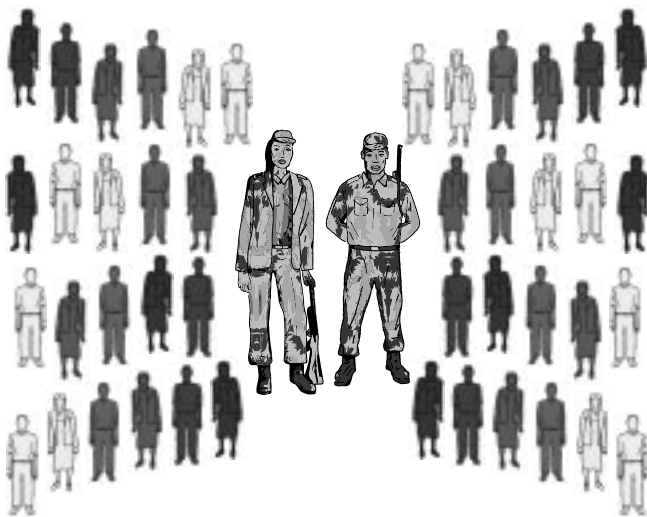
Last year, Nangula fell in love with a fun-loving soldier stationed in Rundu. She loved him so much that she wanted his child and for that reason, left the condoms in the pocket. Can you guess what this soldier's name was? **His name was Eliphas.**



Do you remember Eliphas?

Look at the BUTTERFLY.

How many of the people in our story could have been infected with HIV? Name them.



THINK:

Who else did you have unprotected sex with “**just this one time**”? When you have sex with a person you are having sex with their history as well! Eliphas, Sylvia, Erastus and Nangula also had unprotected sex with other people. Remember, Nangula is HIV+! She slept with Erastus who slept with Nangula and Sylvia who slept with YOU!

Any time two people on the BUTTERFLY have unprotected sex, they are at risk for getting an STI, including HIV.

Let's go back to your warm bed with Sylvia. **Think** about it – who is in the bed? You **think** it is just the two of you. **There are at least thirty people in bed with you and Sylvia** and any one of them could have an STI, including HIV.



Now THINK about this, soldier:

How can you tell if someone is infected with HIV or some other STI? It is **not possible** to SEE if someone has HIV or another STI simply by looking at them.

Is this weapon LOADED or UNLOADED?



Keeping your training in weapon safety in mind, **can you tell if this weapon is loaded by looking at it?**

Would you take this weapon and point it at your head and pull the trigger? You would NOT put yourself at risk with this weapon by not thoroughly checking it out and making sure that it is safe.

The same safety issue is true for people, especially strangers, when you are thinking of taking a sexual partner. You **can't see by looking at them** if they have an STI, including HIV.

WHAT ARE SEXUALLY TRANSMITTED INFECTIONS (STIs)?



Soldiers, sex is not to be taken lightly, it is serious business. Sex is probably the most intimate and private thing that two people can do together. Because it involves close contact of body parts, it can present dangers because some diseases can be passed on during the act. These diseases are called Sexually Transmitted Infections, or STIs **and you do NOT want them!**

The enemy:

Sexually Transmitted Infections (STIs) are infectious diseases that are caused by bacteria and viruses. They are spread during unprotected sexual intercourse.

LEARN their names:

Chancroid, Chlamydia, Genital Warts, Gonorrhoea, Hepatitis B, Herpes, Syphilis and HIV (which becomes AIDS).

When the enemy attacks:

STIs are serious, sometimes painful, can cause infertility and may cause death. Some STIs infect your sexual and reproductive organs, but all bacterial STIs can be cured if you get early treatment.

Be aware:

Be alert to changes in your body. When the penis or vagina feels or looks different (symptoms: pain, itching, swelling, yellow discharge and sores), get medical care right away. Sometimes you (especially women) can have an STI **without symptoms!** You should always go and see a nurse or a doctor especially if you have had unprotected sexual intercourse.



Soldiers, even you:

Anyone can get an STI, including HIV, by having unprotected sexual intercourse with an infected person.

Soldiers and civilians, rich and poor people, coloured, black and white people, adults and teenagers **do get** STIs, including HIV, if they have unprotected sex with an infected person.

...Feeling well?

You may **feel** healthy BUT if you have an STI (including HIV) you might **not** show any signs or symptoms or feel any pain. *This can be especially true of women infected with chlamydia and gonorrhoea which can result in sterility if left untreated.* Infected people can even **still** spread the STI (including HIV) without pain, signs or symptoms. **This is why you must protect yourself every time you have sex.**

Do NOT be fooled:



With some STIs, the symptoms **may** go away in time, but the disease/s **may** still be in your body. Do not be fooled by these tricky diseases!

You still have the STI unless you've received MEDICAL TREATMENT and finished all of the medicine.

Traditional healers do NOT cure STIs (including HIV). Don't waste your money!

LEARN the signs:

Symptoms in both women and men:

- Sores, lumps, swellings or blisters on your sex organs.
- Burning and pain when you pee (urinate).
- The need to pee often.
- Swelling in your groin (the area around your sex organs).
- Itching around your sex organs.
- A discharge from the penis or vagina which is not normal.

Symptoms in women:

- An *unusual* discharge and smell from your vagina.
- Pain in the pelvic area (the area between your stomach and sex organ).
- Burning or itching around your vagina.
- Bleeding from your vagina in-between your regular monthlies.
- Pain deep inside your vagina when you have sex.
- A fever.

Symptoms in men:

- A drip or discharge from your penis.

Note:

Most women have daily discharges which are normal and not harmful. *Abnormal fluids* that come from a woman's vagina or a man's penis are a sign that you may have an STI.



THE ENEMIES DESCRIPTION

Remember:

Soldiers & civilians, rich & poor people, coloured, black & white people, adults & teenagers **do get STIs (including HIV)** if they have unprotected sex with an infected person.

Chancroid:

Chancroid is a bacterial infection spread by sexual contact. The symptoms can appear about 4-7 days after sex.

Some symptoms:

- One or several sores on the sex organs.
- The sores will not go away and will bleed easily.

If you DON'T get treatment:

- You can give it to your partner/s.
- Untreated chancroid will destroy your sexual organs.

Chlamydia:

Chlamydia is a bacterial infection and one of the most common STIs. It usually shows no symptoms. The symptoms can appear 7-12 days after sex.

Symptoms in women:

- Abnormal discharge from the vagina.
- Bleeding from the vagina between periods.
- Burning and/or pain when peeing (urinating).
- Pain below the stomach.
- Painful intercourse.

Symptoms in men:

- Watery white or yellow drip from the penis.
- Burning and/or pain when peeing.

If you DON'T get treatment:

- You can give it to your partner/s.
- Chlamydia infects and damages your reproductive organs. It can lead to infertility and without proper treatment you may not be able to have children.
- A mother can pass it on to her child.
- A woman can develop pelvic inflammatory disease which can lead to sterility if untreated.

Genital Warts:

Like ordinary warts, this STI is caused by a virus. The warts appear in the genital area and can be clearly visible or microscopic. The symptoms can appear after 1-2 months but can also take a year.

Some symptoms:

- White or skin coloured, small or big warts or lumps, on, in and/or around the genital and anal areas. They grow in groups or may appear singly or are hardly visible.
- Itching, burning and bleeding around the sex organs.
- The warts can come back even after the treatment because this disease is a virus.

The warts usually re-occur. They can be controlled with a special liquid that must be applied several times. Treatment may need to be repeated if they come back.

If you DON'T get treatment:

- You can give it to your partner/s.
- More warts grow, and they are harder to get rid of.
- The virus may lead to cell changes in the vagina or penis, which could cause cancer. All women should be regularly checked by having a *Pap smear*.





Gonorrhoea:

Gonorrhoea is a bacterial infection. The symptoms appear 2-12 days after being infected.

General symptoms:

- Thick yellow/greenish discharge from the penis or vagina.
- Burning feeling and/or pain when peeing.

Symptoms in women:

- Abnormal menstruation or bleeding between periods.
- Cramps or pain in the reproductive area.
- Pain when peeing.

Symptoms in men:

- The need to pee often.
- Pain when peeing.
- Discharge from the penis.
- Redness at the tip of the penis.

If you DON'T get treatment:

- You can give it to your partner/s.
- Damage to the reproductive organs.
- Infertility (unable to have children).
- Serious infection and inflammation in the urethra, prostate, uterus, and rectum.
- Sterility
- Meningitis
- A pregnant mother with gonorrhoea can give it to her child causing blindness in newborn babies.
- Long term pain while peeing or blockage causing inability to pass urine.

- It can cause heart trouble, skin disease, arthritis and blindness.
- Women can develop pelvic inflammatory disease which can lead to sterility.

Hepatitis B:

Hepatitis B is caused by a virus that infects the liver. It can be spread through the exchange of blood, eg sharing razor blades in traditional ceremonies or other sharp objects. It can also be transmitted sexually.

Some symptoms:

- Loss of appetite
- Muscle pain
- Fever
- Nausea
- Fatigue

If you DON'T get treatment:

- You can give it to your partner/s.
- Liver cancer
- Death

Remember:
Don't touch it!
Report it!

Herpes:

Herpes is a virus, which means that once you've got it, it will stay in your body forever. It is not curable. Symptoms can appear from 1-30 days after having sex, but some people get no symptoms at all.

Some symptoms:

- Blisters on and around the sex organs or the mouth. They burst after a week or so, and are very painful.
- The blisters will go away, but the virus stays in your body and it will keep returning, usually two times a year.
- Flu-like feelings (headaches, fever or body-hotness and/or swollen glands).
- Pain when peeing or going to the bush (defecating).

If you DON'T get treatment:

- You can give it to your partner/s, but only when you have the blisters or open sores (from when the blisters burst).
- A mother with herpes can pass it on to her baby.
- Herpes cannot be cured, you can only get medicine which eases the pain and makes the blisters go away faster.



Syphilis:

Painless sore/s will develop over 3-12 weeks. It can go unnoticed, and be easily spread. When syphilis is untreated, it can reach a late phase causing serious damage to the nervous system, heart, brain, or other organs and death may result. Syphilis can be contracted through sexual intercourse and by a fetus from its mother.

When sores are present early in the disease, syphilis is especially contagious. Liquid that oozes from the sores is very infectious.

Untreated syphilis remains hidden for many years or a lifetime, but can be spread from a pregnant woman to her fetus.

If untreated, the risks of stillbirth or serious birth defects from syphilis infection are high. Birth defects include damage to the heart and brain as well as blindness. Pregnant women with syphilis can be treated to prevent damage to the fetus.

1st stage: symptoms appear 3-12 weeks after having sex

- Painless reddish-brown sore/s in the mouth, sex organs, breasts or fingers.
- The sores last about 1-5 weeks. They go away but the syphilis is still there.

2nd stage: symptoms appear 1-6 months after sores heal

- A rash anywhere on the body.
- Flu-like feelings.
- The rash and flu-like feelings go away, but the syphilis will still be there.

If you DON'T get treatment:

- You can give it to your partner/s.
- It can cause brain damage, insanity, paralysis, heart disease, blindness and death.
- You can pass it to your baby during pregnancy.

DO YOU THINK THE ENEMY GOT YOU?



If you think you have an STI, get treatment FAST! Don't just hope the STI will go away. IT WILL NOT! Many feel that STIs go away on their own.

This is **WRONG** and **DANGEROUS** thinking! Some STIs change and go deeper into the body after some time. But they are still there, hurting your body and hiding. ***Just like a snake goes into the ground in winter – he is not gone but only hiding!*** You

may feel embarrassed about having an STI. It may be hard for you to go to the sickbay or clinic for help, but you must get treatment for the STI. **This is the only way you will get well.**

Where to get treatment:

Sickbay, clinics, hospitals, health facilities, private doctors or call your local clinic for information

Remember:

- ✓ No matter where you get help, your case will be kept confidential.
- ✓ Most STIs can be treated with antibiotics. You **must finish all the medicine** you are given, even if you feel better.
- ✓ If you have an STI you **must tell** your sexual partner/s, **including your wife/husband!** If your sexual partner is not treated, they can spread the STI. They might even give it back to you again.
- ✓ HIV is an STI that cannot be cured but you can prolong your life by **living positively.**

Warning: Home medicines cannot kill STI germs.

HIV & AIDS



HIV is a virus which very slowly destroys your immune system and makes it EASY for you to get a number of different diseases (opportunistic infections).

The HIV virus will always be in your body and because there is no known cure for HIV & AIDS, the disease eventually leads to death.

AIDS - Acquired Immune Deficiency Syndrome. It is caused by a virus known as **HIV - Human Immunodeficiency Virus**. On entering the human body, HIV multiplies and destroys the white blood cells until the defence system is weakened and unable to fight diseases. The deficiency of the immune system makes the body susceptible to, and unable to recover from, opportunistic infections such as TB, thrush and pneumonia.

When the defence system is completely broken down, AIDS results. The entire process takes 2-8 years in adults and 1-3 years in infants born to HIV+ mothers in Namibia.

Warning:

HIV likes to travel together with other STIs. If you get an STI, it means that you have been putting yourself at risk by not practising safer sex and it is quite possible that you could also get HIV or are already HIV+.



The HIV virus causes AIDS:

H - Human, **I** - Immunodeficiency, **V** - Virus

Acquired It means that HIV is passed from one person who is infected to another person.

Immune Refers to the body's immune system which is made up of cells that protect the body from disease. Once HIV gets into a person's body, it attacks and kills the cells of the immune system.

Deficiency It means not having enough of something. In this case, the body does not have enough of the kinds of cells it needs to protect against infections. They're called the immune cells or T-helper cells (the body's soldiers). Over time, HIV kills these cells (soldiers) and the body's immune system becomes too weak to do its job. The body is then vulnerable to attack from infections.

Syndrome A syndrome is a group of signs and symptoms associated with a particular disease or condition that occur together. AIDS is a syndrome because those living with HIV & AIDS have the same types of symptoms and diseases that are associated with AIDS.



HIV is spread by:

Sexual body fluids (semen and vaginal fluids) or blood that are exchanged during unprotected sexual intercourse with an HIV+ person.

Blood transfusions (*but blood is safe in Namibia because the Ministry of Health and Social Services screen all the donated blood to make sure it is safe*).

- ⌘ Sharing needles (traditional healers, ear piercing, tattooing and intravenous drug use) with an HIV+ person.
- ⌘ Sharing razor blades (traditional methods or traditional healers) with an HIV+ person.
- ⌘ An HIV+ mother to her baby during pregnancy, childbirth and breastfeeding.

⌘ Fluids:

Body fluids of an HIV+ person that spread HIV are semen, vaginal fluid, blood and breastmilk.

Infectious Fluids

HIV is found in virtually all body fluids. However, it is found in **high concentrations** in certain fluids. These fluids are described as **infectious fluids** which include blood, seminal fluid/semen, vaginal and cervical fluids and breastmilk.

Non Infectious Fluids

Even though HIV may be found in these **non infectious fluids**, they are **low concentrations**. These fluids include tears, saliva, sweat, sputum (thick coughed-up mucus), urine and faeces. Contact with these fluids would not normally result in contracting HIV & AIDS.

⌘ Some possible symptoms of HIV infection can be:

- ⌘ Unexplained weight loss or tiredness
- ⌘ Flu-like feeling which doesn't go away
- ⌘ White spots in the mouth
- ⌘ Diarrhoea
- ⌘ In women, yeast infections that do not go away
- ⌘ Night sweats
- ⌘ Skin rashes

⌘ Background statistics:

- ⌘ The HIV prevalence in Namibia is currently estimated at 19.7%.
- ⌘ The HIV prevalence in the 25 year age range decreased overall between 2002-2004.
- ⌘ All age groups, except 35-39, experienced a decrease in HIV prevalence between 2002-2004.
- ⌘ The age group 35-39 has climbed consistently from 3% in 1994 to 28% in 2004.
- ⌘ The age group 30-34 grew consistently from 8% in 1994 to 24% in 2004.

HIV prevalence at Namibian ANC surveillance sites between 2000 and 2004

Sentinel site	2000	2002	2004
Katima Mulilo	33%	43%	42%
Swakopmund	22%	16%	28%
Grootfontein		30%	28%
Oshikuku	21%	27%	27%
Walvis Bay	28%	25%	26%
Oshakati	28%	30%	25%
Katutura Hospital	31%	27%	22%
Onandjokwe	23%	28%	22%
Luderitz			22%
Rundu	14%	22%	21%
Nankudu	18%	16%	19%
Engela	23%	19%	19%
Andara	15%	21%	18%
Otjiwarongo	18%	25%	17%
Outapi		23%	17%
Keetmanshoop	17%	16%	16%
Tsumeb		25%	16%
Nyangana	16%	22%	15%
Rehoboth	9%	10%	14%
Gobabis	9%	13%	13%
Outjo			12%
Mariental	10%	12%	11%
Windhoek Central Hospital			10%
Opuwo	7%	9%	9%

Being FAITHFUL:

Have you heard the joke of the man who says, "I have a faithful partner in Grootfontein and another faithful partner in Katima Mulilo and another faithful partner in Windhoek..."?

Being faithful means having ONE sexual partner whose HIV status you know and making love ONLY with that partner. Being sexually faithful to one partner who is also faithful to you is a successful method of protection from HIV infection. *Some* say that sex cures the loneliness from being away from your family. *Many* say that they cannot remain faithful to one partner. *Others* believe that they cannot go without sex for nine months.

Soldiers, listen, it can be difficult and uncomfortable to feel the need for sex **but it is far more uncomfortable to live with HIV!** YOU WILL NOT DIE FROM NO SEX! If you are married or in a committed relationship and you go outside you are taking a chance with your husband or wife's health. If you are bored, lonely or in need of sex (Ngele Wahala iipala) play cards, football or pool, read this book, exercise, discuss with friends or sleep. **Minutes of pleasure are not worth years of illness!** Remember, marital sex can be just as pleasurable as girlfriend/boyfriend sex. If you are thinking about going outside your marriage, we encourage you to **REMEMBER ELIPHAS**. (*In Uganda the rate of HIV infection has gone down. Experts attribute this, in part, to the Ugandan people reducing their amount of sexual partners*).

The 3 stages of HIV & AIDS:

You can pass HIV to others during any of these 3 stages:

1 Window period *(See page 15 for more information)*

Once a person becomes infected with the virus there is a period of 3 to 6 weeks (sometimes as long as 3 months) before the body reacts to the presence of this virus by producing antibodies (chemicals) that can be found in the blood by laboratory tests. If antibodies are found, the test result is positive. The period of time that passes while the test is still negative is called the **window period**. Even during the window period a person can pass on the HIV virus.

2 Asymptomatic period

After a person is infected with HIV there is usually no change in that persons health for a few years. The person feels well, is able to work as before and shows no signs of being sick (this is what is meant by asymptomatic). This asymptomatic period is normally around 10 years, with an average range of some 8-12 years in length. **But, even though there are no symptoms and you feel good, the HIV is busy spreading in your body and you can infect others.**

3 Symptomatic period

This is when a person is sick with AIDS. Remember, AIDS is a **syndrome**, a collection of diseases that taken together is diagnosed as AIDS. Most of the diseases that start to appear are **opportunistic infections** - infections caused by bacteria or viruses that normally do not create illness in a person with a good immune defence system, but which are able to cause diseases when a persons body-soldiers are few. These are usually infections like TB, pneumonia, diarrhoea or meningitis, and they can repeatedly make the person sick. Certain types of tumours may also appear in someone whose immune system is weakened due to HIV. It is at this point that AIDS is diagnosed.

Abstinence:

Abstinence means no sex at all. It is the **safest** method of protection against STIs, HIV & AIDS and unwanted pregnancy. It will not hurt you in any way. You can start practising abstinence at any time, even if you have already had sex. It is not permanent – you can change your mind if you find a faithful partner. **Many people, including soldiers, practise abstinence!**

Eliphas and Shikongo

MISSION POSSIBLE

Eliphas: Shikongo, how are you my friend? Long time since I've seen you. You are looking fat!



Shikongo: Nawa, nawa Eliphas. I am preparing to go on a mission so it will again be a long time until we see each other.



Eliphas: Ok brother, be careful to stay away from the ladies that side. It is not worth it.



Shikongo: Ah hah, but that is easy for you to say Eliphas! I hear the ladies are very much beautiful there. And I can not stay nine months with no sex.



Eliphas: Shikongo, we are friends since we were children and from outside. I know you as a strong man. Of course you can stay without sex for nine months. What can happen from no sex? Nothing is the answer.



Shikongo: Hah ta ta ta ta! But that abstinence is a problem! It becomes very uncomfortable. And anyway, my friend, you know very well, it is a mission. Anything can happen any time. I could be killed – and then for what have I denied myself sex?



Eliphas: Shikongo, I will tell you what is truly uncomfortable these days – HIV & AIDS is much more uncomfortable than the feeling of wanting sex! And do not use “be killed” as an excuse with me, brother. You were not killed in those days and you will not be killed that side. Come on man, you are not a youth any more. Protect yourself, don't put yourself at risk!

Shikongo: Give me one reason I should deny myself beautiful ladies. I am a man – I deserve it. Especially while on mission.



Eliphas: Shikongo, I will give you SIX REASONS. Your wife and your four children and this nation which we fought for, Namibia!

When you married that woman and fathered those children you took the responsibility to protect them. You are not alone on this earth like a small boy, Shikongo. You are a grown man with a family. It is wrong for you to be careless with yourself and bring home a virus to them.

And you also have a responsibility to this nation. If all us soldiers become sick, then what? Then who will protect Namibia?



Shikongo: Eliphas, are you a preacher now? Where does this talk of yours come from?



Eliphas: My friend, **I am educated**. I have learned about this new enemy of ours – this HIV virus. I am trying to advise you as one of your oldest friends. I know life is difficult on mission. But abstinence is the best choice for protection on mission. Try it Shikongo. You CAN do it – you just must make that choice.



Shikongo: You know Eliphas, when I think about my family I know you are right. I will try abstinence. If it becomes difficult I will think of my wife and children! Thank you for your advice. I will see you when I return.

Remember:

If you can not say no to sex, **ALWAYS** use a condom, correctly and consistently. This may protect you from the HIV virus.

THE DEFENDERS: Antiretroviral Therapy (ARVs)

What is ARV therapy?

ARV therapy is a combination of medicines that are taken by an HIV positive person to reduce the amount of HIV in the body. ARV therapy is given to you by a special health care team. This team can include a doctor, nurse, counsellors, pharmacists, social workers and other health care workers.

How does ARV therapy work?

ARV therapy slows down the growth of HIV in your body, allowing you to live a healthier and more productive life. IF you take the medicines according to your doctor's instructions, they will help your body become stronger. This means that you will suffer from fewer diseases and you will have a better chance of staying alive longer.

ARV therapy is NOT a CURE for HIV & AIDS

You will start to feel better after you go onto ARV therapy, but it is NOT a cure for HIV & AIDS. The medicines will only reduce the amount of virus in your body, allowing you to feel healthier. But, the HIV is still in your blood. Even though you begin to feel better, you must continue living responsibly. One way to do this is to always use a condom when having sex.

ARV therapy is for life

Once you are on ARV therapy, you need to continue with it for the rest of your life. It is extremely important to understand that if you stop taking your medicines, even for a short while, the medicines may no longer work. Also, you will be helping the HIV to become stronger.

** There are many different types of ARVs.*



ARV therapy will become a very important part of your life – you need to commit to the therapy and in return you will be able to live a healthier and often normal life.

The importance of adherence

ARV therapy will work best for you if you listen to the advice your health care team gives you. You are an important part of this team. It is up to you to work in partnership with them to make sure ARV therapy works for you. So, together with help from your team, you must always try to take the right medicines in the right way, every day.

You must not share your ARV therapy with anyone. Your health care team will give you the right medicines for ARV therapy to be effective for you. Any other person who feels they may need ARV therapy must go to the hospitals that give ARV therapy to be assessed.

You must understand that each time you forget to take your pills, you will be helping the HIV to become stronger. Try to work closely with your health care team and listen to the advice they give you. Taking your prescribed medicines in the right way is very important for ARV therapy to work for you.

RECRUITS

Recruits, listen up! You are young and it is easy to fall in LOVE. For many of you, LOVE means SEX and we are here to tell you that these days SEX can be DANGEROUS if you do not protect yourself correctly and consistently.

We know that you have had one HIV negative test and many of you believe that this makes each other a **safe** sexual partner.

Well, here are some questions for you:

Answer truthfully!

Did you have unprotected sex the night before your HIV test? Or a week before your HIV test?

Or even a month or two before your HIV test?

If the answer to that question is **YES** then you **may be infected with the HIV virus EVEN THOUGH your test showed a negative result!!!** This is because you could have been infected that one night and could be in the WINDOW PERIOD.



Warning!

Recruits, you may have gotten an HIV test while you were in the **WINDOW PERIOD**.

This will NOT be an accurate test! You could show a negative result BUT actually be HIV+.

What is this WINDOW PERIOD?

Once a person becomes infected with HIV, that person does not immediately test "HIV+". There is a period which can take from 3 to 6 months before the body begins to react to the HIV virus and produce antibodies (chemicals). These antibodies are what laboratory HIV tests are looking for so if your body has not yet started producing them, your test will show a negative result. When the body starts to produce these antibodies the test result will show as positive.

The period of time when a person is HIV+ but shows an HIV negative test is called the window period.

And here is the most important point, recruits: HIV can be passed from person to person during this window period. So you may think you are HIV negative but still be passing the virus.

What YOU can do:

Recruits, HIV & AIDS is a serious threat to your nation's security. You must take immediate evasive action in order to protect yourself. You, as soldiers, are the first line of defence in case of attack and for this reason, it is important that you keep your force strong and healthy.

Educate yourselves about HIV & AIDS and **learn the facts**. Be a peer educator in your home community and arm your fellow recruits with knowledge about the disease.

It is up to all of you to halt the spread of HIV & AIDS in its tracks. Consider this a hot pursuit! You can do it if you work together and make the necessary changes in your own behaviour. This handbook outlines for you the choices that you have to protect yourself from HIV infection. Read it carefully, make your choices and protect yourself, your family and the future of **your great Nation**.

Note:

Female recruits, there are many handsome soldiers. You will have to make a personal plan about: how to say NO or to protect yourself.

THE DANGERS

HIGH RISK

- ☹️ SEX WITHOUT A CONDOM.
- ☹️ Sex without a condom when you are infected with an STI.
- ☹️ Sex without a condom with a person infected with an STI.
- ☹️ Sex without a condom while drunk.
- ☹️ Oral sex without a condom if there are sores in the mouth.
- ☹️ HIV+ person wanting to have a child.
- ☹️ Using Vaseline or hair oil to lubricate a condom – it will weaken the condom.
- ☹️ Sharing needles.
- ☹️ Sharing razors for shaving hair. *There is a documented case of HIV transmission in this way.*
- ☹️ A transfusion of untested blood.
- ☹️ Scarification (tribal marks) with a used razor blade.
- ☹️ Sex without a condom for money or gifts.
- ☹️ Injecting medicines with a used needle.
- ☹️ Deep kissing with tongues if there are sores in both mouths.

LOW RISK

- 😊 Sex with a condom that is put on correctly.
- 😊 Oral sex with a condom.
- 😊 Sex for money with a condom.
- 😊 Touching the blood of an injured person if you do not have cuts on your hands.
- 😊 Breastfeeding your baby exclusively. *No other foods and drinks given to your baby.*

NO RISK

- 😊 Abstinence (no sex).
- 😊 Hugging, massaging and light kissing.
- 😊 Injecting medicines with a clean needle.
- 😊 Masturbation
- 😊 Sex between mutually faithful, un-infected partners.
- 😊 Sharing eating, drinking, and/or cooking utensils.
- 😊 Donating blood.
- 😊 Sharing a hairbrush or comb.
- 😊 Being bitten by mosquitoes.
- 😊 Touching a person with HIV & AIDS.
- 😊 Sharing a bathroom or latrine.
- 😊 Feeding a person with AIDS.
- 😊 Braiding an HIV+ person's hair.
- 😊 Holding hands.

ARE YOU WORRIED THAT YOU MAY BE HIV+?



It is important to get an HIV test if you have put yourself at risk.

WHY? If you are HIV negative you must protect your negative status and now you know how to do that. **If you are HIV+ it is very important that you do not infect others** or re-infect yourself. You must take better care of yourself in order to prolong your life. You can receive counselling and testing at most hospitals.



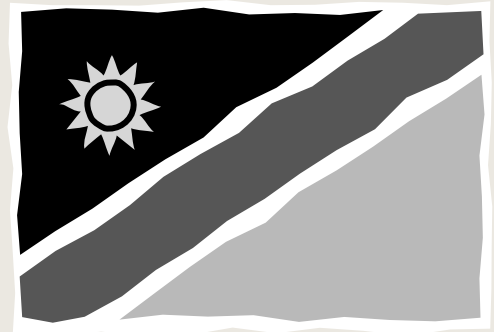
New Start Centres also provide counselling and testing services around the country. Call 061 220 368 for more information.



First of all, please understand that you are NOT ALONE!

250,000 Namibians are estimated to be living with HIV & AIDS. This is not the end of your life. **It is the beginning of a new and different life.** You have not done anything wrong and are not a bad person. Being HIV+ does not mean that you have AIDS and will die immediately. People live for years with HIV in their bodies and remain productive and worthwhile citizens.

If you are HIV+, you are still a good mother, father, sister, brother, husband, wife, friend and soldier.



The country still needs you! Do not give in to fear, sadness and anger. Do not give up.

Now is the time for bravery and courage.

ARE MY ACTIONS **SAFE** WITH REGARDS TO HIV & AIDS?



Many of you are well aware of the fact that HIV & AIDS is spread mainly through unprotected sex in Namibia. You might have heard of HIV & AIDS and therefore there is always the desire to be careful.

But how careful are you? The fact is, many people are not aware of what makes **high or low risk behaviours**. You are certain about sex but remain ignorant about other behaviours. **Some of these other behaviours expose you to HIV & AIDS.** These behaviours are normally described as **high risk behaviours**.



MAPP staff performing "Better Safe than Sorry" at the launch of the Remember Eliphas Education Centre.

7 HIGH RISK behaviours:

1 Vaginal sex

This is penetrative sex between a male and a female. It accounts for most of the cases of HIV & AIDS in Namibia. Sex helps the transmission of HIV because the virus is found in high infectious concentrations in both the vaginal and seminal (*omasita omanamwenyo*) fluids. Sex with an infected person could give you HIV & AIDS. Sex with a casual partner could give you HIV & AIDS. **The greater the number of sexual partners, the greater the chances of contracting HIV & AIDS.**

2 Oral sex

Oral sex normally occurs when the female takes the male penis into her mouth or the male licks the vagina of the female. In both cases, there is exposure to vaginal and seminal fluids which contain high concentrations of HIV if the person is infected. **Any sores or cuts in the mouth could help the entry of HIV.** Oral sex is risky and must be discouraged. A female who wants to suck the penis of a male should make sure the man is wearing a condom.

3 Anal sex

Anal sex occurs when the penis penetrates the rectum of another individual. **Anal sex is more risky than vaginal sex because the likelihood of wear and tear is higher.** The anal region is rich with blood supply and any abrasions could result in the spread of HIV & AIDS if one partner is infected.

4 Deep kissing

Usually, light kissing is not a method which helps the transmission of HIV. **Deep kissing** is described as the kind of kissing that is so intense that some biting and consequently blood flow could occur. It is completely different from a peck on the cheek or a light kiss on the lips. Deep kissing must be discouraged especially when the partner is a casual partner because **deep kissing could lead to the transmission of HIV & AIDS.**

5 Fingering a female

Men sometimes insert their fingers into the vagina of a female during foreplay and sex **thinking** it is a safer option. But, the exposure to vaginal and cervical fluids could expose the man to HIV & AIDS if there are any sores or cuts on his fingers. Some sores are much smaller than the eye can see. *So just because you can't see a sore or abrasion on your skin does NOT mean that there are no abrasions.*

6 Sex with a person who has STIs

STIs significantly increase the chances of contracting HIV & AIDS. If a person has an STI, that person must stay away from sex until he/she has fully recovered. **STIs increase one's chances of contracting HIV & AIDS by 6-9 times!**

7 Sharing blades and other sharp objects in the salons



Salons are used by people from all over Namibia. **Some of these people are HIV+.** It is important for you to protect yourself in the salon. Remember, 5% of all infections in Namibia are spread outside of sex. Arm yourself with your own tools such as blades, clippers, pedicure and manicure sets or **make sure the equipment used is sterilised.**

Also, do not use people who move about cutting nails and hair with non sterilised equipment. It could cost you your life.

Remember:
You have the power of choice.
Protect yourself!

YOU HAVE THE POWER TO DEFEAT HIV & AIDS



The power to fight HIV & AIDS rests in your hands. Your actions or in-actions decide whether you contract HIV & AIDS **or** lead you into a safe and healthy life. Reducing the rate of HIV & AIDS means controlling, to a large extent, your behaviours. **You have all it takes to win the battle against HIV & AIDS.** Your desire to LIVE must compel you to act now.

Note:

Empower yourself with knowledge and stay alive.
Your family needs you alive.
Namibia needs you alive!

You CAN defeat HIV & AIDS because:

⚡ HIV & AIDS is NOT spread through AIR

Some diseases, like TB, can be spread through the air you breathe, **but not HIV & AIDS.** Someone with TB, coughing near you, IS dangerous. But not an HIV+ person sitting beside you who is not infected with a casually transmitted disease.

⚡ HIV & AIDS is NOT spread through WATER

HIV & AIDS is not spread through water the way Bilharzia is. By bathing or swimming in a river, lake or the sea, you cannot get HIV & AIDS. Drinking from the same cup with an HIV+ person cannot give you AIDS because it does not survive in water.



⚡ HIV & AIDS is NOT spread by mosquitoes

Mosquitoes do not transmit HIV & AIDS, only malaria and yellow fever. **The virus cannot live in a mosquito.**

It is a **human virus** and that is why it is called the Human Immunodeficiency Virus. A considerable amount of research supports this fact.

⚡ HIV & AIDS is NOT spread by touching

You cannot get HIV & AIDS by touching or being touched by an HIV+ person. The virus is only in the blood and certain body fluids. Chicken pox is a disease that you could get from physical contact/touching.

⚡ HIV & AIDS is one of the CHEAPEST diseases to prevent

Abstinence (not having sex) is free of charge. It costs you nothing (in monetary terms) to be faithful to one person. **Condoms are very affordable and available.** It is one of the cheapest things money can buy!

ARM YOURSELF



-  **Carry condoms always** (in your pockets)!
-  Say NO to unprotected sex.
-  TALK to your partner about past sex partners.
-  Don't have sex with someone whom you *think* may have an STI (like a professional sex worker).
-  **ALWAYS use a condom during sexual intercourse.**
-  Get checked for STIs every time you have a health exam if you have put yourself at risk.
-  If you have more than one sex partner, get an STI check **even if you don't have symptoms.**
-  If you have an STI, don't have sex until your treatment is complete!

* Consistent and correct condom use can greatly reduce the risk of pregnancy and your risk of contracting HIV and some sexually transmitted infections (STIs) but they do not provide 100% protection. Condoms can break or burst especially if used incorrectly. Also, condoms do not cover all of the skin areas where some STIs are found like at the base of the penis – kekota lyo ndha and the skin around the base of the penis. Please read carefully how to use condoms and **USE THEM EVERY TIME** you have sex.

THE WEAPON:

A CONDOM



- A – Abstinence**
- B – Be faithful to a mutually faithful partner**
- C – Condomise correctly and consistently**

Protection:

When you use condoms **correctly** and **every single time you have sex**, they can protect you from STIs, (including HIV), infections. Make sure you know where to find them in your community and carry them with you.

AND, using condoms is also VERY important if you are already HIV+. They will protect you from re-infection, which can make you get sicker, faster, and they protect others from HIV infection. *In a married couple, if one partner has an affair, condoms are important to keep diseases from entering the marriage.*

Use a condom EVERY time!

Remember:

You are not just protecting yourself when you use condoms, but also those you **love**. There are no side effects to using condoms.

THE MISSION:

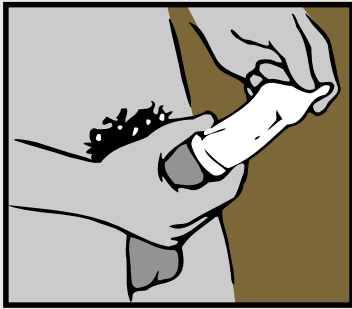
TO DEFEND

Using a MALE CONDOM

- 1.** Look for signs of wear such as discoloured, torn or brittle wrappers.
- 2.** Do NOT use condoms that have passed the expiry date or seem old.
- 3.** Tear the pack carefully along one side. Do not use teeth or fingernails as they can damage the condom.



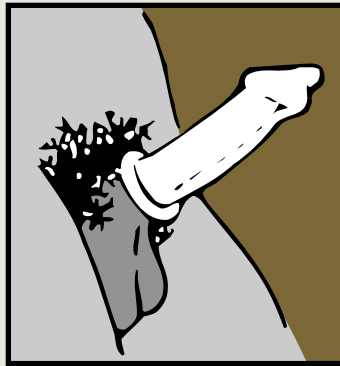
- 4.** Hold the tip of the condom between a finger and thumb of one hand (leaving space at the tip to collect the semen/sperm).
- 5.** Place the rolled up condom on the top of your erect penis.



- 6.** Pinch the top of the condom with your fingers (leaving space for semen/sperm) and unroll it down the

length of your penis by pushing down on the rim of the condom.

- 7.** When the rim of the condom is at the base of the penis (near the pubic hair), penetration can begin.



- 8.** NOW you can have safer sex!



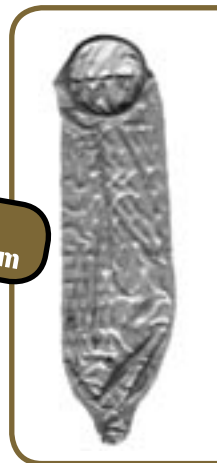
- 9.** After sex (intercourse & ejaculation), hold the rim of the condom and pull the penis out before it goes soft.

- 10.** Tie the condom in a knot, sealing in the semen/sperm.

Throw it away in a safe place:

- dig a hole in the ground
- rubbish bin
- toilet
- fire

**Always remember:
one round one condom**



**Use a NEW condom
EVERY time you have sex.**

Using a FEMALE CONDOM



Women who are using the female condom for the first time **may** have problems.

You should try using the female condom at least 3 times before you give up and *practise* this alone before sex.

**If you have used tampons for your monthlies then you may find it very easy to use the female condom.*

The female condom is the same length as the male condom but it is fatter. It is made out of polyurethane (unlike the male condom which is made out of latex) and has been lubricated with an oil-based lubricant. You can buy them at many pharmacies, filling stations and supermarkets, or you can call the Social Marketing Association (**SMA**) and they will send you a free sample to try.

Don't forget that during lovemaking, it is **normal** for the female condom to move a little and it might make some squeaky noises.

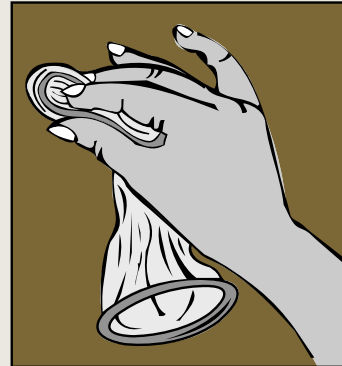
1. Open the package carefully! Tear down at the **notch** on the top right of the package. Do not use scissors or a knife to open.

2. The **outer ring** covers the area around the opening of the vagina.

The **inner ring** is used for insertion and to help hold the female condom in place during sexual intercourse.

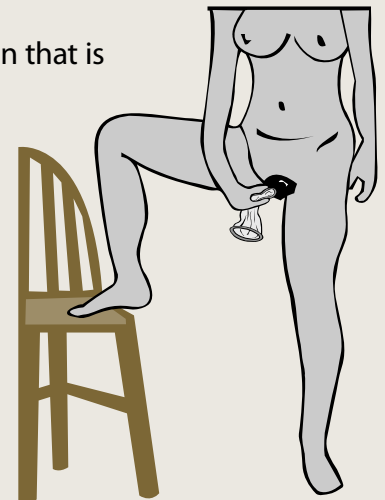


3. While holding the female condom at the closed end, grasp the flexible **inner ring** and



squeeze it with the thumb and second or middle finger so it becomes long and narrow. (This will give you a good grip and narrows the inner ring to make insertion easier).

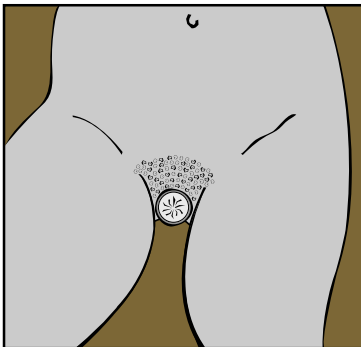
4. Choose a position that is comfortable for insertion:
squat, raise one leg onto a chair, sit or lie down.





5. Gently insert the squeezed inner ring into the vagina and push it up as far as you can.

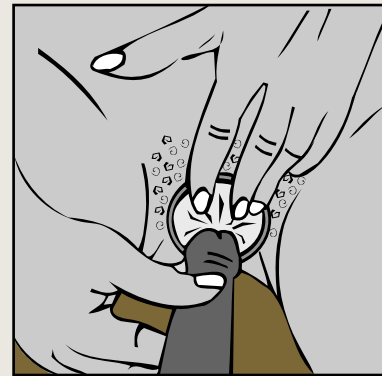
6. Then put your finger inside the female condom until you can feel the inner ring. Now push the inner ring far up into the vagina. **Be sure the female condom is not twisted.**



7. The outer ring **must remain on the outside of the vagina.** The female condom is now in place.

Don't forget:
During lovemaking it is normal for the female condom to move a little and it might make some squeaky noises.

8. Gently guide your partner's penis into the female condom's opening with your hand to make sure that it enters properly.



The penis must **NOT** enter on the side, between the female condom and the vaginal wall.

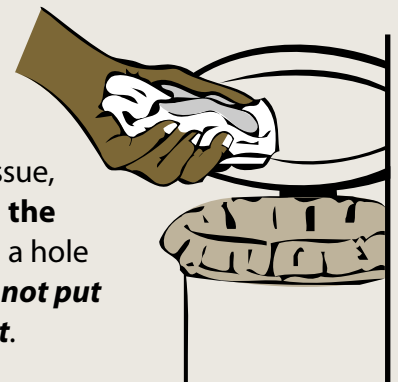
9. **NOW you can have SAFER SEX!**

10. To remove the female condom, **twist** the outer ring (keeping the semen/sperm inside) and gently pull it out.

Remember: practice makes perfect!



11. Wrap the female condom in its package or a tissue, and **throw it in the garbage** or dig a hole and bury it. **Do not put it into the toilet.**



YOUR WEAPON



Protecting your weapon:

- ✓ Always keep your condoms in a cool, dry place away from direct sunlight.
- ✓ Do not store your condoms in a wallet or car glove box.
- ✓ A condom must be used only once.
- ✓ Male and female condoms cannot be used together.

Where? Male condoms are free at your sickbay, clinics and hospitals throughout Namibia. Affordable condoms are available at military canteens, pharmacies, shebeens, kambashus, bottle stores and filling stations.

Pleasure: Male condoms will never feel like naked skin. **BUT**, if you see them as part of the pleasure of love making instead of something for prevention, it may be easier to accept them. **Condoms can be put on by sexual partners and become an exciting part of sex, instead of an interruption.** They can be put on with affectionate caressing and kissing. Water-soluble lubricants (NOT Vaseline, body lotions or Tiger Balm which will break them) can enhance sensations when using condoms. If possible, keep several types and colours of condoms around so that you can experiment to find the ones you and your partner like best. Talk to your partner/s and friends about how to make condom use more pleasurable.

NEGOTIATION

Telling a sexual partner that you WANT to have SAFER SEX:

Because HIV & AIDS is a real threat to Namibian society, our romantic tactics must now change. It is up to each and every soldier to protect himself/herself from HIV infection and STIs. **In order to protect Namibia, which is your JOB, you must remain healthy!**

Too many people come with excuses about why they cannot use condoms or protect themselves. **Soldiers, HIV & AIDS in Namibia is an emergency.** 22% of the population are HIV infected. **YOU MUST TAKE IMMEDIATE ACTION TO PROTECT YOURSELF!**

You may say that condoms interrupt your mood for sex. **Having HIV & AIDS and/or STIs interrupts sex more than condoms do!!!** When you first learned how to use your gun you had to practise. Condoms are the same. You will get better at condom use with practice.

You may say that talking about using condoms is too embarrassing. You may like to move straight to sex without talking. **Those days are now over.** You must negotiate with your partner about safer sex and condoms. **If you are brave enough to be a soldier you should be brave enough to talk about condom use.**

You may say that women who carry or try to use condoms are prostitutes. Women also have the right to protect themselves from HIV infection and STIs. **If a woman insists that you use a condom, USE IT and stop complaining.** Women, if possible, become familiar with the femidom (female condom) so you can also condomise!

Example of condom negotiation:

Eliphas:

“Sylvia, I love you and you are so beautiful, I want to make love to you.”

Sylvia:

“I also love you Eliphas, but, ah, wait, do you have a condom?”

Eliphas:

“What, a condom? Why? Don’t you trust me? Are you sick?”

Sylvia:

“Eliphas, I don’t mean to insult, but we have only just met each other and I also do not want a baby. I want you but I always use condoms. I will not change my mind.”

Eliphas:

“But I do not have any condoms, we cannot stop now, lets just go forward woman!”

Sylvia:

“Lucky for us that I do! Come here Eliphas...”



Remember:

- ✓ AIDS is the result of long-time HIV infection.
- ✓ HIV infection can be prevented.
- ✓ HIV can be in your body for many years without any kind of symptoms.

ALCOHOL IS NOT YOUR FRIEND

Soldiers, alcohol is legal. In a free and democratic Namibia, all adults can drink tombo, wine, beer, hot stuffs and kaalgat. The choice is yours.

However, be warned... the abuse of alcohol can lead to HIV infection.

HOW does alcohol lead to HIV infection?

Alcohol is a powerful substance which affects your brain, your ability to think and your judgement. You might become reckless, careless and stupid when you drink. You might make decisions that you would never make while sober, including, fighting, criminal behaviour and going with unfaithful partners. **And, most importantly, you might decide to leave condoms in the pocket.** You might get so drunk that you forget HIV & AIDS and condoms completely.



Think about this:

Do you know this man? He is a soldier and he has attended a MAPP edutainment session at the base and read the materials given to him. He is educated about HIV & AIDS and STIs.

BUT, on Saturday night he goes to the shebeen to watch football. There is a lady there and she is proposing him. At first he denies her as he has a girlfriend, is afraid of HIV & AIDS and anyway, does not find her pretty.

After 5 beers, he forgets his girlfriend's name, decides that HIV is only witchcraft and thinks the very same proposing lady is the most beautiful lady in Namibia and off they go into the bush.

Does he have condoms? NO! He didn't plan to have sex so did not buy any condoms. **And since he is so drunk he decides she is too fat to have HIV and does okataki (fast sex).**

Could he be infected? **Of course he could be infected.** He has had unprotected sex with a bar woman who he never saw in his life before last night. One in five Namibians is HIV+ and she could be one of them. Why did he do this? **Because he was under the influence of beer and he was unable to use his educated brain.** Instead, he let the beer guide him and put himself at great risk for HIV infection and STIs. He has risked his health and his future **BECAUSE HE WAS DRUNK.**
Please, do not be like this man.

Can you get infected by doing okataki?

YES! You may **think** you are safe because you do okataki (fast sex) and do not ejaculate inside the woman but this does **not mean** you cannot get STIs, including HIV!

Remember: Be careful, always carry condoms and do NOT let alcohol control you.

WHAT IS POSITIVE LIVING?



If you are HIV+ it is time for you to make serious changes in how you live your life. These changes, often called **Positive Living**, can help you to stay healthy for longer. **Your goal now must be to maintain your health and to assist your immune system.**

Counselling and support:

Counselling can help you to make the right decisions and allows you to get information and guidance about living with HIV. **Counselling can help you to feel less alone and afraid.** Being supported by another can build you up emotionally and give you strength to move forward with your life.

Healthy eating:

It is important that you concentrate on fuelling your body well **every day** as your immune system is battling. You need plenty of clean drinking water,

fruit, vegetables, proteins and cereals. **It is not always easy to eat well but TRY very hard.** Instead of buying beer, buy healthy food!

Assisting your immune system:

Understand that your immune system is busy fighting for you! **You must help it.** Excessive drinking of alcohol and smoking of cigarettes or dagga causes your immune system to have to work harder. Cut these out if possible OR drink and smoke very little. It is very important for you to get enough sleep and rest which also helps your immune system to fight. Exercise makes the body healthy. Make sure you get exercise every day.

Did you know?

HIV+ people are living all around you. They could be your brothers and sisters, mothers and fathers, children, friends and colleagues. They are us! You must treat them with respect and love and support them in their struggle to **live positively** and to remain hopeful. **Do not desert your fellow Namibians!**

Note:

If you are HIV+ and decide to have sex, **YOU MUST USE A CONDOM.** As a soldier it your job to protect citizens. Do not pass HIV to others. Condoms will also protect you from re-infection with HIV and from getting STIs which trouble your immune system.

HIV & AIDS AND WOMEN



WHY are women more vulnerable to HIV & AIDS than men?

Physiological Factors

- ⌘ Because of the greater surface area of the vagina.
- ⌘ The woman is exposed to the man's semen for longer.
- ⌘ Exposure to vaginal trauma because of the smaller size of their genital tract, leading to an increased chance of wear and tear. *Also, during sex for the first-time, the hymen is torn.*
- ⌘ STIs in women could be hidden for long periods. In many cases, the women are asymptomatic for years.

Lack of access to a female barrier method

Until recently, the only barrier method was a male method, the male condom. Today though, the female condom is available. However, it is not as widely distributed as the male condom and it also costs more, contributing to less women using it.

High prevalence of sexual abuse and rape

In Namibia, women are falling victim to sexual abuse and rape, which are on the increase. Some men believe that sex with virgins can cure HIV & AIDS. **IT CANNOT!** Virgins are not a cure!

Economic independence

Some younger women end up dating older, more experienced men mainly for financial rewards. These older men are normally wealthy and the young girls don't have the power to insist on condoms. The women give in to the demands of the man for the fear of losing him. Economic and educational liberation of women is important in the fight against HIV & AIDS in Namibia.

Vaginal drying agents and receptive anal intercourse

Some women use vaginal drying agents (like powders or herbs) to dry up and tighten their vagina, increasing the friction during sex to satisfy the man. Some women also permit men to have anal sex with them, increasing their chances of getting HIV & AIDS since friction and wear and tear is high.

Cultural factors

Most African cultures, including some in Namibia, are polygamous. Men might have 2-5 wives or girlfriends or both. This may increase the spread of HIV & AIDS.

Note:

Girl children and young women
MUST be taught to
protect themselves from
sexual abuse and rape.

Women, your vagina belongs to YOU!

Even if you are married or have a boyfriend,
it is **up to you** to protect yourself.
Under the Namibian Constitution, you can
say **NO**, to any man, any time you want!

What every woman should do:

1. Have a dream/ vision/ goal

Have a dream and put it into writing. Pursue it with all your strength. Remain focused and **do not allow any man to derail your plans for temporary pleasure.**



2. Build up your own confidence

Build up your confidence by yourself and do not depend on any man. The confidence that lasts a long time is the one built inside you and not the one built on a condition that could be temporary (such as going with a man because he is rich). Confidence will keep you from following the crowd.

3. Never fear to lose him

Do not fear that you will never be able to replace a man or think that your life will grind to a halt if he goes! **HIV & AIDS and STIs are real** and nothing should stand in your way of a healthy and long life. One mistake is all it takes to derail yourself. Never substitute future success for short term enjoyment.

PROTECT YOUR BABY!

Prevention of Mother to Child Transmission (PMTCT) of the HIV virus

Soldiers, did you know that the HIV virus can spread from an infected mother to her child? Remember, that you are responsible for the birth and life of this baby so you must do everything possible to protect it! **Mothers and fathers, read here and make your plan:**

The HIV virus can spread from Mother to Child in the following ways:

- ⌘ During pregnancy (across the placenta) – especially if you have a lot of the HIV virus in your body (high viral load).
- ⌘ During delivery, through contact with your blood and mucous membranes.
- ⌘ Through breastfeeding.

Facts:

- ⌘ Not all babies will be infected even if the mother is HIV positive.
- ⌘ There is a 1 in 3 chance that the HIV virus will spread from infected mother to baby.
- ⌘ **If you seek treatment this chance can be reduced to 1 in 6.**

Treatment:

There are treatments available through the MoHSS which can reduce the chance of HIV transmission from mother to child. In order to gain access to these treatments pregnant women must know their HIV status by taking an HIV test. Mothers and fathers, you must be brave for your child and the future of Namibia and **GET THE TEST.** If you test positive for the virus you can enroll in a PMTCT Programme and receive care designed to reduce the risk of transmission to your baby. Do not wait, get a test today.

Reminder: No one should be having sex with another whose HIV status you do not know. If you are planning to have a baby make sure that both partners are tested first.

IS YOUR CHILD AT RISK?

Most Namibian children learn about issues relating to their sexuality on their own. Most parents were not educated on the subject by their parents and are therefore also uncomfortable talking to their children about it. They believe that their children will learn about it *in some way* like they did.

The events in the last twenty years have made parents and guardians re-examine their roles in sex education at home. The prevalence of HIV & AIDS (which has NO known cure) makes it important that you BREAK THE SILENCE and TALK TO YOUR CHILDREN since they are faced with the deadliest challenge of all time, HIV & AIDS.

You must provide the needed facts, leadership and guidelines with regards to HIV & AIDS. The youth of today are the leaders of tomorrow. To protect your tomorrow, you must discuss issues that may be embarrassing for you to talk about, like **safer sex**.

WHEN should you talk?

Yesterday. If you failed to do so, then talk **TODAY** because tomorrow may be too late. **Let your children value their life and their existence.** Let them know HIV & AIDS and STIs is avoidable. Empower them with knowledge to stay healthy. Make sure you set the right examples for them to follow. Words must be backed with actions. The time to talk is TODAY!

Remember:

Open a communication channel with your children. They must feel comfortable asking you questions. Now is the time to LISTEN and TALK to them!

Your children are definitely at RISK to HIV & AIDS because:

- ⚡ They may be sexually active, including oral and anal sex.
- ⚡ They may have more than one sex partner.
- ⚡ Their sex partners may not know their own HIV status.
- ⚡ They may share blades or sharp objects, like clippers, with friends.
- ⚡ They may come into contact with blood when playing.
- ⚡ They may not be correctly informed about HIV & AIDS and related issues.
- ⚡ They may do certain high risk behaviours under the influence of peers.
- ⚡ They love to explore and have adventures including sexual adventures.
- ⚡ Sex is common among young people.

HOW do you approach this subject?



First get correct information on HIV & AIDS, increasing your knowledge on the subject so you feel confident while speaking about it.

You could take advantage of situations. A film, advert, song, etc could be used to address issues on HIV & AIDS. You could also take advantage of **questions THEY ask** to educate them. Their homework could be used.

You might prefer to talk directly on the issue. Calling a meeting to discuss HIV & AIDS might make the discussion too formal, thereby affecting the entire communication process. Start talking and asking more and more questions about their school, boyfriends, girlfriends, menstrual period (ladies), etc.

The most important thing is to establish a communication channel. If the child is not sexually active, remember, HIV & AIDS is not only transmitted through sex, but also through sharp objects like blades, knives etc.

Note:

If your culture does not allow you to communicate freely with your children, it is still your responsibility to find someone who **CAN** educate your children about HIV & AIDS. Do not assume this is the school's responsibility, it is **YOURS!**

WHAT happens when you DO NOT TALK?

- ⚡ Your children may learn and practise the wrong things.
- ⚡ Your children may get HIV & AIDS and/or STIs.
- ⚡ Your daughters could become pregnant as teenagers.
- ⚡ They might **die prematurely from HIV & AIDS.**
- ⚡ You would have **failed as a parent/guardian** in exercising your responsibilities towards them.
- ⚡ You would go through all the emotional and psychological problems associated with HIV & AIDS.

PROTECTING YOUR NATION



TRUE OR FALSE

Soldiers, how clever are you? Tick the numbers that are TRUE. *Check your answers at the bottom of the page.*

- **1** I do not need to use a condom with my regular partner because I trust him/her.
- **2** Drinking alcohol can increase the risk of getting HIV.
- **3** Sharing needles to inject medicine can spread HIV.
- **4** My partner is on the pill or injection, so I do not need to use condoms to prevent HIV infection.
- **5** AIDS is a syndrome that has no known cure.
- **6** I do not need to use a condom because my partner comes from a good family.
- **7** I need to use a condom even though my partner is educated.
- **8** You cannot get HIV by drinking from a glass used by someone who HIV+.
- **9** You cannot pass HIV to your baby through breastfeeding.
- **10** HIV is spread by light kissing.
- **11** Traditional healers cannot cure HIV & AIDS.
- **12** Traditional healers can cure Syphilis.
- **13** You can get HIV by giving blood.
- **14** Mosquitoes can spread HIV.

- **15** Taking birth control pills can protect a woman from getting HIV.
- **16** Sometimes you can get HIV from a toilet seat.
- **17** Most people who get infected with HIV become seriously ill within three years.
- **18** A vaccination can protect you from HIV infection.
- **19** Condoms can prevent and protect you both against infections you may not know you have.
- **20** You can tell just by looking at someone if they are HIV infected or not.
- **21** Anyone can be infected if they do not practise safer sex.
- **22** There are educated people who have gotten HIV from having unprotected sex.
- **23** Fat people cannot be HIV+.
- **24** HIV is the virus that causes AIDS.
- **25** An HIV+ person that looks and feels healthy can still infect other people.
- **26** Using a condom correctly and every time you have sex reduces the risk of getting HIV.
- **27** Your regular partner could not have an STI, including HIV, without knowing it.
- **28** Home medicines cannot cure STIs.

2 - 3 - 5 - 7 - 8 - 11 - 19 - 21 - 22 - 24 - 25 - 26 - 28

TRUE:

20 REASONS WHY YOU SHOULD USE A CONDOM

1 You can't tell by looking at a person if he/she is HIV+ or has STIs. Protection is crucial.

2 To remain free from itching, burning sensations, rashes, genital sores, discharges and other complications.

3 No worrying about life-long infections *and possible death* because of 5 minutes of pleasure.

4 No unplanned pregnancies.

5 No worrying about abortion and other related issues.

6 Your partner might not stay with you forever.

7 Your partner had other partners before you met. You need to protect yourself.

8 Your partner could *still have* other partners. After all you are not always together.

9 You do not want any emotional disturbances after sex. You want a sound sleep.

10 You need to focus on your future. Play it safe with condoms.

11 You do not want to drag your name into the mud because of your actions or in-actions. Always combine love with care.

12 Condoms are one of the cheapest things money can buy in Namibia today.

13 Condoms are available almost everywhere. Walking a few meters keeps you alive.

14 Condoms are easy to use. All you have to do is learn how to use them.

15 When used correctly and consistently, condoms have very low failure rates.

16 Using condoms can reduce the number of orphans in Namibia. Act responsibly today to create a better Namibia tomorrow.

17 Knowledge is power.

18 To stay healthy.

19 To protect your nation.

20 If it is **NOT ON**, it is **NOT IN**!







Protect Yourself So You Can Protect Your Nation

**For more information on HIV & AIDS, STIs and HIV testing, contact:
sickbay, MOD medical services office or SMA/MAPP staff**

Social Marketing Association (SMA) / Military Action and Prevention Program (MAPP)

**PO Box 22870, SWACO HOUSE, Independence Ave, Windhoek, Namibia
Katima Mulilo: 066 253 957, Oshikango: 065 264 710, Rundu: 066 255 155
Walvis Bay: 064 200 219, Windhoek: 061 244 936**

